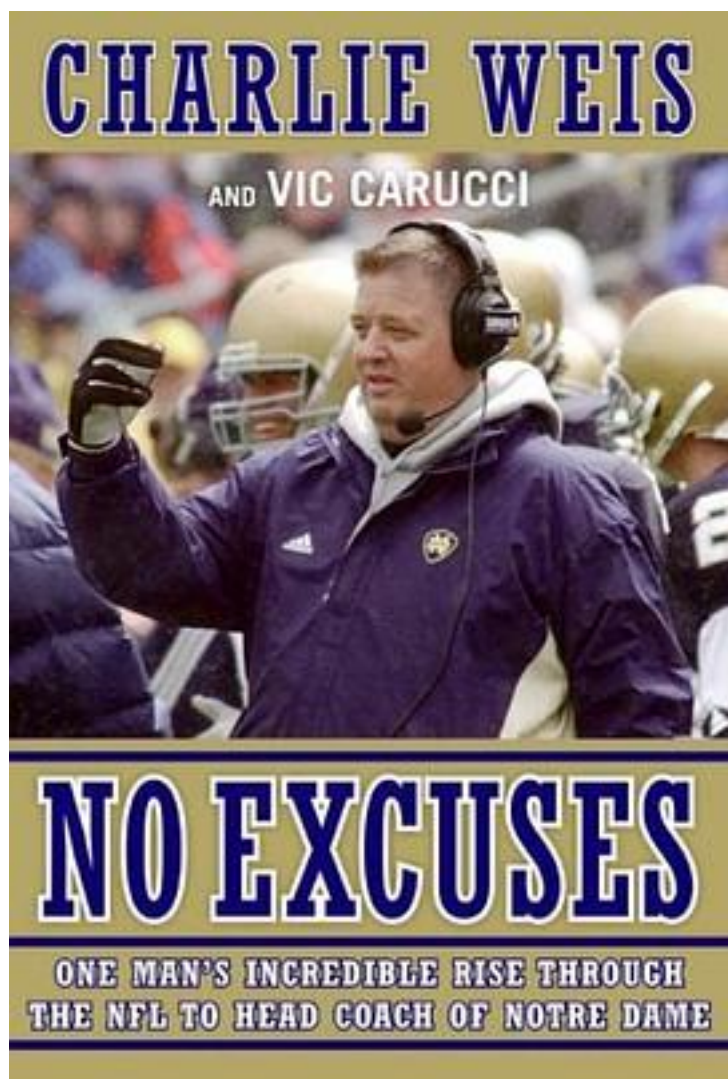


No Excuses



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著者:Kyle Maynard

出版者:Regnery Publishing, Inc.

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Born without arms or legs below his elbows and knees, Kyle Maynard excels as a champion athlete, inspirational speaker, college student and male model. No Excuses is his inspirational autobiography that shows how a positive can-do attitude gives someone we might see as disadvantaged the advantage over life.

作者介绍:

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标签

2012

评论

Amazing personality.

从Podcast听到Kyle

Maynard，快速地翻了一下这本他19岁时出的自传。文字本身很一般，着重讲了他的童年，橄榄球和摔跤的经历。三星是给书的。影响我看这本书的其实是Zion

Clark，他将no

excuses纹在背上，摔跤，打鼓，读大学，演讲，拍纪录片，一步一步越走越好。Kyle Maynard本身是非常非常非常值得尊敬。这十多年来，他又挑战了举重，柔道，爬了阿空加瓜山和乞力马扎罗山，开了运动中心，真的踏踏实实在做，在思考，享受生活和挑战。

Maynard说，我们每个人或多或少都有残缺，只是他们展露在表面。他相信自己努力之后可以做得更好，这不是他找借口的理由。这让我体会到一些根深蒂固的观点，社会中那些同情，歧视也不应该是借口。（当然隐藏的价值观是每个人要为自己负责）

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书评

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